

Uncle  
Jesse  
Hughes  
McCarrell's  
Mound



# Introducing . . .

## TRAINING CENTER

# Xtreme

*Taking Fitness to the Next Level*

At **Xtreme Training Center**, our Xtreme Team is committed to helping you push yourself to the next training level, whether you are just introducing exercise to your life or vigorously training for competition. We will help you stay Xtremely challenged and Xtremely fit!

## Utah's Only Licensed Fitness Facility With

*Billy Blanks'*  
**TAE BO**

**Monday & Wednesday  
Friday**

**6:00 pm  
5:30 pm**

**BOOTCAMP**

Tues & Thurs 6:30 am

*Martial Arts*

Tues & Thurs 7:30 pm

**TAI/CHI**  
Mon 7:00 pm

*Spinning*

Tues & Thurs 6:30 pm

**HIP HOP**  
aerobics

Tues & Thurs 5:30 pm

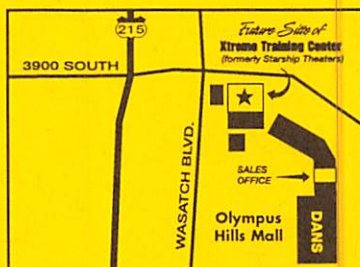
**More Classes Available Soon!**

So many workout choices, you won't know where to start! Totally state of the art and with no expense spared, the 14,000 sq. ft. fitness center will offer:

- Billy Blanks's TaeBo™
- Spinning® Classes
- BootCamp Classes
- Muscle Endurance Training
- Aerobic Programs
- Boxing Ring/ Bag Room
- Cardio Equipment
- State-of-the-Art Weight Room
- Personal Trainers
- Martial Arts Programs
- Kids Play
- Juice Bar
- Luxury Locker Rooms
- Steam Rooms
- Jetted Hot Tubs

**We're going to the Xtreme. . . so you can too!**

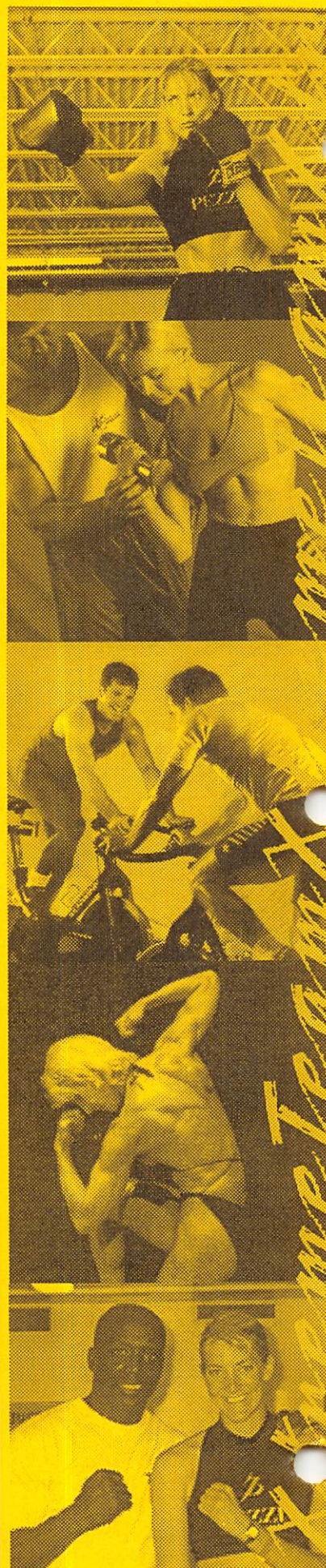
**801-274-XTRM (9876)**



**OLYMPUS HILLS MALL**

**Watch for Billy Blanks Personal Appearance!**

**1st Class Free with flyer**



**Billy Blanks & Anne Emde**